Warm Up Schedule

Lanes are allocated in both the warm down pool and competition pool. 10 swimmers maximum in each lane in each pool. Warm ups are 15 minutes long, the last 10 minutes will be sprint lanes in all lanes in the competition pool. The warm down pool will remain continuous swimming. **Clubs must stick to their designated lanes, and coaches must monitor the conduct of their swimmers at all times.**

Warm Up 1 – 08:15 to 08:30 / 12:45 to 13:00

Lane	Club
0	Beckenham
1	Beckenham
2	Beckenham
3	Beckenham / Dartford (4 max)
4	Dartford
5	Dartford / Bexley (6 max)
6	Bexley
7	Bexley
8	Saxon Crown
9	Saxon Crown

Warm Up 2 – 08:30 to 08:45 / 13:00 to 13:15

Lane	Club
0	Erith
1	Erith
2	Erith / Orpington (4 max)
3	Orpington
4	Orpington
5	Orpington
6	Greenwich
7	Greenwich
8	Greenwich
9	Greenwich

Warm Up 3 – 08:45 to 09:00 / 13:15 to 13:30

Lane	Club
0	Maidstone
1	Maidstone
2	Larkfield / Maidstone (6 max)
3	Larkfield
4	Larkfield / Tonbridge (4 max)
5	Tonbridge
6	Tonbridge
7	Tonbridge / Edenbridge (6 max)
8	Edenbridge
9	Edenbridge

Warm Up 4 – 09:00 to 09:15 / 13:30 to 13:45

Lane	Club
0	RTW Monson
1	RTW Monson
2	RTW Monson
3	RTW Monson
4	Sevenoaks
5	Sevenoaks
6	Sevenoaks
7	Sittingbourne
8	Sittingbourne
9	Beachfield

Warm Up 5 – 09:15 to 09:30 / 13:45 to 14:00

Lane	Club
0	White Oak
1	Dover
2	Dover
3	Thanet
4	Thanet
5	Thanet
6	Thanet
7	Herne Bay
8	Herne Bay
9	FREE LANE

Free lane in Warm Up 5 may be used by anyone, however coaches must supervise their swimmers.